



Navy Launches New Campaign to Promote Responsible Drinking



The Navy's new responsible drinking campaign, "Keep What You've Earned," officially launched this April 2013 to coincide with national Alcohol Awareness Month.

The "Keep What You've Earned" campaign:

- Recognizes that Sailors are responsible, decision-making adults
- Acknowledges that Sailors have worked hard to get where they are in their careers
- Reminds Sailors that one bad decision with alcohol could result in serious consequences

To address alcohol use from all angles, the new campaign actively engages alcohol abuse personnel, Navy leaders, local communities and Sailors as advocates for responsible drinking.

DRINK RESPONSIBLY.

KEEP WHAT YOU'VE EARNED

Multiple print products, social media messaging and leadership talking points are now available on the Navy Alcohol and Drug Abuse Prevention (NADAP) website to assist you in your efforts.

How to Get Started:

- Download the suite of multimedia products for dissemination at your command.
- Familiarize yourself with the campaign messaging, goals and materials.
- Follow the instructions provided in the campaign implementation guide.



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<https://www.facebook.com/USN.NADAP>

What Resources Are Available

Currently, multiple print products, social media messaging and leadership talking points are now available for download. In the near future, the “Keep What You’ve Earned” campaign print products will be available for order through the Navy Logistics Library.

Product	Description	Where to Access
Posters	A collection of five posters are available that are tailored to the Navy’s five communities and feature the campaign message, tagline and URL.	For 16 x 20” posters, supply personnel must order them via https://n111.ahf.nmci.navy.mil . In the keyword field search: <i>NADAP</i> .
Fact Sheets	Fact sheets are available for five different key audiences: <ul style="list-style-type: none"> Alcohol abuse prevention personnel (ADCOs/DAPAs) All levels of Navy leadership Local communities and businesses Partnering organizations and agencies Sailors 	For printed fact sheets, supply personnel must order them via https://n111.ahf.nmci.navy.mil . In the keyword field search: <i>NADAP</i> .
Social Media Messages	Features a social media message for each week of the year. Posts include appropriate character limits and links for different social media platforms such as Twitter and Facebook. Graphics and images are also provided to boost engagement.	Visit www.nadap.navy.mil to download the: <ul style="list-style-type: none"> Calendar of messages Zip file of images Or check out the Flickr album.
Leadership Messages	Includes a set of 52 alcohol-related messages for the 52 weeks in a year. Leaders can share these messages with Sailors at liberty briefings or other regularly scheduled interactions.	Visit www.nadap.navy.mil to download the PDF .
Campaign Style Guide	Provides a framework for creating consistent, accurate and streamlined communications materials that effectively deliver NADAP’s intended messages, including writing guidelines, logo use, typography, color pallet, and graphic elements.	Visit www.nadap.navy.mil to download the PDF .
Implementation Guide	Serves as a toolkit for understanding the resources available with step-by-step instructions and a checklist for implementation.	Visit www.nadap.navy.mil to download the PDF .

Where to Find Additional Support

For step-by-step instructions on how to disseminate the campaign at your installation, a webinar will be held on **11 April 2013 at 1300 and 1700 CST** to help guide you through the implementation of the campaign and answer any questions you have regarding campaign implementation or best practices.

For any questions regarding the campaign, contact Ms. Sara Geer, NADAP Marketing and Information Specialist, at COMM (901) 874 4237/ DSN 883 or via e mail at sara.geer.ctr@navy.mil.

NADAP Webinars

All webinars begin at 1300-1400 (CST). An additional webinar is available at 1700 (CST)

How to join meeting: Click the URL below to join meeting. Once the window is loaded, login in with your DCO information or type your name to enter the meeting as a "Guest". Please give the screen a few minutes to load.

To setup a DCO account, visit <https://www.dco.dod.mil> and select "register" at the top left hand corner of the page.

WEBINAR SCHEDULE	
DATE	SUBJECT
11 APRIL	Prevention Campaigns & How to Order
4/15/2013 1700 CST	Alcohol Detection Devices
4/16/2013 1300 CST	
9 MAY	DAPA Responsibilities
6 JUN	ADCO Responsibilities
27 JUN	UPC Responsibilities
Visit here to join webinar: https://connect.dco.dod.mil/na_dapwebinar	

UPC University

A series of subjects aimed at enhancing awareness of the Navy's Drug Testing Program for Urinalysis Program Coordinators.

Topic 5: Discrepancy Codes and Fatal Flaws

When specimens and documents arrive at the laboratory, their condition is assessed and noted. When evidence that some steps in the collection procedure were performed incorrectly or omitted exists, a discrepancy is generated. Some administrative errors may be reported without rendering the sample invalid, however, some errors are large enough to invalidate a sample or prevent testing altogether. Additionally, even though all DoD laboratories report the same discrepancies, each service provides its own rules on how the results are utilized. The most important take away is that these reports are provided to aid a command in correcting procedural errors. A longstanding list of repeated discrepancies is an indication that a command's urinalysis program requires attention, and may result in providing enough doubt in the program's integrity to enable the retention of a member with a positive urinalysis result.

What are the discrepancy codes?

The codes are two character indications that something about a provided sample was not what it was expected to be, or that the documentation is somehow in error. The vast majority of discrepancies are caused by correctable administrative errors which still allow a sample to be tested.

For example: Code SB indicates that a specimen appears to be adulterated, but was tested. This is an error that should have been observed when the sample was returned to the UPC. Sea water, fresh water, hand soap, oil, fuel and solids have all been utilized in attempts to adulterate a sample. If an adulterated sample was discovered and testing was not possible, the code would be SA. An unsealed bottle (code BE) or one with a broken seal (code BD) may be tested by the lab for Navy or USMC, but would not be tested for the other services. A condition that renders a sample not testable is termed a 'Fatal Discrepancy'.

Fatal Discrepancies

Some conditions make a sample completely untestable. Empty bottles (code BU) or missing specimens (code GG) are obviously untestable samples, but insufficient samples to test due to leakage (code BC) or lack of sample provided (code SC) are also fatal for testing purposes. Strictly following the collection procedure may have prevented either discrepancy. Should a list of similar uncorrected fatal discrepancies exist for a command over time, it may indicate a lack of concern for the other elements of a successful program. Whether this is true or not, a savvy defense attorney will attack this point to question a program's integrity and validity at an administrative board or court martial, which can sway board members who aren't directly familiar with discrepancy codes.

Discrepancy Code Actions

When results are returned to the command, the UPC should inspect the discrepancy codes provided and validate those which could be attributed to errors in the collection, packaging and shipping process. Administrative errors such as 'FN' for not treating a storage unit as a person that receives and signs over samples should be corrected in the command's procedure. The testing laboratory can provide details to errors found with specimens at the lab. Contact the support services department of your servicing laboratory if there are questions regarding your discrepancy. Once a discrepancy is identified, CORRECT THE CAUSE, whether by procedural changes, material changes, or training. The validation of your corrections should be error-free sample submissions.

A detailed list of all of the active discrepancy codes for Navy urinalysis samples can be seen on <http://www.med.navy.mil/sites/nmcphc/navy-drug-screening-labs/discrepancy-codes/Pages/default.aspx> or on the front page of the DoD Drug Testing Portal <https://iftdtl.amedd.army.mil/>

DEFY Commemorates 20th Anniversary

The DEFY program started in 1993 at Naval Air Stations, Alameda, CA and Pensacola, FL as a substance abuse prevention program pilot, designed to deter “at-risk” behaviors by giving kids the tools they need to resist drugs and develop positive social skills. Since then, DEFY has grown to include local programs around the globe.

Partnerships with the Department of Justice and U. S. Air Force were integral to the growth to over 100 local programs worldwide at the program's peak. The success of the DEFY program is a direct result of the hard work, tenacity, and dedication of volunteers at the local commands willing to spend time mentoring youth of military families.

Youth development experts now agree that mentoring is a critical element in any child's social, emotional, and cognitive development. According to Dr. Jean Rhodes, professor of psychology, University of Massachusetts, Boston, the most significant factor of positive mentoring results is a shared, close, and trusting relationship between mentors and mentees.

Mark Chase, now in college, remembers his DEFY experience starting as a DEFY youth: “I was a part of the DEFY graduating class of 2002. I then became a Junior Staff [Member] in 2005 up until 2011, where I became an adult mentor before I left for college. My experiences in all DEFY positions have changed my life drastically. [DEFY] taught me necessary leadership skills as well as the various skills taught to the youth, such as confidence, commitment, and respect.”



2013 Phase I Summer Leadership Program Due to Launch in May

This Spring, local DEFY programs worldwide will begin advertising for volunteers and youth participants to assist with the Phase I Summer Leadership Program. Local programs need qualified individuals to help deliver lesson topics, supervise and monitor youth participants, assist with program planning and execution, and be a positive adult role model and mentor to youth participants. DEFY is a two-phase prevention program for children ages 9 – 12. Children ages 13-17 may participate as a Junior Staff Member, if they have graduated from DEFY or a similar program or are active with other youth and mentoring programs (such as Boy Scouts, Girl Scouts, Young Marines, Sea Cadets, etc.). If you are interested in being a local DEFY volunteer or have a 9-12 year-old youth that may be interested in participating, contact the DEFY Program Office at (901) 874-3300 to get connected to a local program.

Local Command Leadership Support Needed

Local command leadership support is a critical component of the success of each DEFY program. By volunteering, young Sailors and Marines gain skills such as logistics, planning, supervising, mentoring, and administration that can be directly applied to their full-time positions. Volunteers are the heart and soul of the DEFY program. Command leadership is encouraged to support your local DEFY program by allowing command staff to participate as an active, visible member of the local DEFY program.

Got Drugs? Turn in your Unused or Expired Medication for Safe Disposal

MILLINGTON, Tenn. (NNS) -- The Drug Enforcement Agency (DEA) is asking Americans to empty medicine cabinets, bedside tables, kitchen drawers and elsewhere of unwanted, unused and expired prescription drugs for four hours, 10 a.m. - 2 p.m., April 27.

"Collection sites located throughout the country are set up as part of National Prescription Drug Take-Back Day," said Lanorfeia Holder, deputy director, Navy Drug and Alcohol Prevention Program.

"This is easy, go to the website, type in your zip code and it will show you where to drop off your expired or unnecessary drugs, there are two sites within 13-miles of our base here in Millington," Holder added.

National Prescription Drug Take-Back Day addresses a vital public safety and public health issue. Medicines that sit in home medicine cabinets are highly susceptible to misuse and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high as are the number of accidental poisonings and overdoses due to these drugs.

In 2012, Navy Drug Screening Labs (NDSL) added two more commonly abused prescription drugs to the standard testing panel for all urinalysis samples submitted for testing. The Navy is concerned about service members who are using prescription drugs without proper authority and potentially becoming addicted.

"We've made great strides to reduce illicit drug use in the Navy, but prescription drug abuse is increasingly becoming a health concern throughout the country," continued Holder. "Leadership is taking positive steps to reduce or prevent the abuse of prescription drugs within the Navy by identifying abusers, educating and communicating with Sailors and their families."

"Sailors that have a urinalysis sample that is identified as positive for controlled substances for which they do not have a valid prescription, may be subject to punishment under the Uniform Code of Military Justice and processed for administrative separation from the Navy," Holder said. "It just makes sense to get old prescriptions out of the house. This program gives people an easy way to do that."

Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines - flushing them down the toilet or throwing them in the trash - pose potential additional safety and health hazards.

In September 2012, Americans turned in 244 tons of prescription drugs at over 5,200 sites operated by the DEA and its thousands of state and local law enforcement partners. In five previous "take back" events, DEA and its partners took in over 2 million pounds - more than a thousand tons, of pills.

Old prescription drugs can be brought in to local collection sites located throughout the United States. The service is free and anonymous, no questions asked. To find a collection site in your area visit www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html or contact the Call Center at 1-800-882-9539.

Got Drugs?

Turn in your unused or expired medication
for safe disposal **Saturday, April 27th, 2013,**
10 a.m. – 2 p.m.

Visit www.dea.gov or call 800-882-9539
for a collection site near you.



Is Your Drinking Habit Risky?

What's "low-risk" drinking?

A major nationwide survey of 43,000 U.S. adults by the National Institutes of Health shows that only about 2 in 100 people who drink within both the single-day and weekly limits below have alcoholism or alcohol abuse. How do these "low-risk" levels compare with your drinking pattern?

Low risk drinking levels - On any single day: Men, no more than 4 drinks on any day. Women, no more than 3 drinks on any day. Per week: Men, no more than 14 drinks per week. Women no more than 7 drinks per week.

"Low risk" is not "no risk." Even within these limits, drinkers can have problems if they drink too quickly, have health problems, or are older (both men and women over 65 are generally advised to have no more than 3 drinks on any day and 7 per week). Based on your health and how alcohol affects you, you may need to drink less or not at all.

When is "low-risk" drinking still too much?

- It's safest to avoid alcohol altogether if you are
- Taking medications that interact with alcohol
- Managing a medical condition that can be made worse by drinking
- Underage
- Planning to drive a vehicle or operate machinery
- Pregnant or trying to become pregnant

What's "at-risk" or "heavy" drinking?

For healthy adults in general, drinking more than these single-day or weekly limits is considered "at-risk" or "heavy" drinking:

- Men: More than 4 drinks on any day or 14 per week
- Women: More than 3 drinks on any day or 7 per week

It makes a difference both **how much** you drink on any day and **how often** you have a "heavy drinking day," that is, more than 4 drinks on any day for men or more than 3 drinks for women.

Among people with this drinking pattern ...this proportion has alcoholism or alcohol abuse

1 heavy drinking day a month



1 heavy drinking day a week



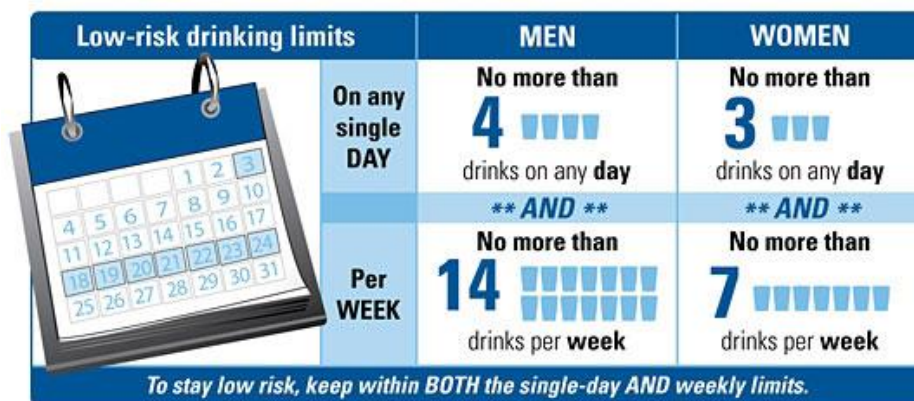
2 or more heavy drinking days a week



In short, the more drinks on any day and the more heavy drinking days over time, the greater the risk—not only for alcoholism and alcohol abuse, but also for other health and personal problems.

About 1 in 4 people who exceed these limits already has alcoholism or alcohol abuse, and the rest are at greater risk for developing these and other problems. Again, individual risks vary. People can have problems drinking less than these amounts, particularly if they drink too quickly.

Learn more about alcohol and your health at The *Rethinking Drinking* web site at <http://rethinkingdrinking.niaaa.nih.gov>



Sailor's Guide for Substance Abuse Prevention

Knowledge is power: These pocket-sized guides address substance abuse in the Navy and provides tips, strategies, and resources to increase your awareness, understanding and control of substance abuse.

To order, visit the Navy Logistics Library at <https://nll2.ahf.nmci.navy.mil/>. Search "NADAP" in the keyword field.



2012 - 2013 STATISTICS

ARIs & DUIs

APR	426	111
MAY	359	94
JUN	360	81
JUL	327	80
AUG	311	92
SEP	317	119
OCT	376	91
NOV	256	85
DEC	295	105
JAN	240	56
FEB	164	48
MAR	59	17

ADAMS for Supervisors Course Updated Material



The Alcohol and Drug Abuse for Managers/Supervisors (ADAMS) (S-501-0120) for Supervisors Course Revision C, Change 1, became effective 1 January 2013. This course focuses on providing Navy supervisors with the knowledge and skill in: alcohol and drug abuse prevention, recognition, documentation, intervention, and aftercare. Course materials are available at <https://www.nko.navy.mil/portal/personaldevelopment/home/adams>

All course facilitators are required to download and deliver the latest material. The Center for Personal and Professional Development (CPPD) point of contact is YNC(SCW/AW) Williams at (757)492-5690, shawnette.williams@navy.mil.

MEM POS & TOTAL TESTED

APR	111	98,146
MAY	125	95,954
JUN	117	93,980
JUL	122	96,352
AUG	117	91,909
SEP	150	103,538
OCT	155	97,693
NOV	148	93,256
DEC	193	85,107
JAN	301	124,741
FEB	192	89,739
MAR	121	38,993